

PEER REVIEW HISTORY

BMJ Open publishes all reviews undertaken for accepted manuscripts. Reviewers are asked to complete a checklist review form (<http://bmjopen.bmj.com/site/about/resources/checklist.pdf>) and are provided with free text boxes to elaborate on their assessment. These free text comments are reproduced below.

ARTICLE DETAILS

TITLE (PROVISIONAL)	Preventing obesity in infants: the Growing healthy feasibility trial protocol
AUTHORS	Denney-Wilson, Elizabeth; Laws, Rachel; Russell, Catherine; Ong, Kok-leong; Taki, Sarah; Elliott, Rosalind; Azadi, Leva; Lymer, Sharyn; Taylor, Rachael; Lynch, John; Crawford, David; Ball, Kylie; Askew, Deborah; Litterbach, Eloise; Campbell, Karen

VERSION 1 - REVIEW

REVIEWER	Alison Miller University of Michigan
REVIEW RETURNED	10-Aug-2015

GENERAL COMMENTS	<p>BMJ Open Protocol Review- Preventing obesity in infants: the Growing healthy feasibility trial protocol</p> <p>This manuscript addresses a critical issue – early obesity prevention. The authors propose to use a quasi-experimental design to test the feasibility and acceptance of an app-based intervention for parents of infants. They propose to gather user-data and follow up the infants to 9 months of age.</p> <p>This is a very nicely-written manuscript that proposes an intervention based on solid theoretical grounds (both regarding childhood obesity research and behavior change theory). The authors' claims are well-supported and in general adequate study details are provided (please see a few requests for clarification below).</p> <p>Introduction</p> <p>p. 7 lines 47-51 Is this statement true for Australia specifically? (it seems high for the US, for example) – can you please specify? “On average, parents make 11 visits to general practitioners and 14 visits to Maternal and Child Health (MCH) nurses in the first year of their child’s life [8]”</p> <p>p. 13 lines 56-58 “Participants who complete the baseline survey will be considered enrolled in the study and followed up when their infants are 6 and 9 months old to complete additional surveys. Participants will receive a \$40 gift” - this is stated under the comparison group but is this also true for the intervention group? Assuming so, can the authors please reorganize so that the common elements for both groups are clear?</p> <p>Method</p> <p>Will the comparison group receive reminder emails as well? (is that possible?)</p> <p>Assuming this is a free app – can the authors so state?</p>
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	<p>Sample and recruitment – will there be efforts made to recruit the same number of participants across each trial setting? Please specify.</p> <p>Will compensation be offered to comparison and intervention participants at each data collection wave?</p> <p>Surveys – are the surveys based on prior literature? If so please provide a reference; if not please state which ones were developed for the current study (less ideal)</p> <p>P. 17 lines 4-7 the authors state “The Growing Healthy intervention, through provision of information, may decrease the parent’s use of health services to gain help with respect to feeding, activity and weight issues.” – Is it possible that families could increase their use if they become more highly engaged with their infants’ feeding and weight; this could also be stated here.</p> <p>p. 19 lines 10 the authors state “These outcomes will be analysed using appropriate survival analysis and generalised linear models.” Please provide more detail regarding the analysis that would be conducted for each outcome of interest (i.e., which analyses will be conducted for continuous vs. categorical outcome variables)</p> <p>Study progress:</p> <p>Has all of the content been developed?</p> <p>Has the app been developed?</p> <p>Please note as an additional limitation no direct measurement of infant growth or objective measures of feeding practices.</p> <p>Please proofread:</p> <p>Line 52 p. 6, Babies’ no apostrophe</p> <p>Line 21 p. 9 “1) systematic reviews of the literature 2)” needs comma</p> <p>Line 47 p. 15 Baughman should be Baughcum</p>
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VERSION 1 – AUTHOR RESPONSE

Reviewer: 1

Reviewer Name Alison Miller

Institution and Country University of Michigan

Please state any competing interests or state ‘None declared’: none declared

Please leave your comments for the authors below BMJ Open Protocol Review- Preventing obesity in infants: the Growing healthy feasibility trial protocol This manuscript addresses a critical issue – early obesity prevention. The authors propose to use a quasi-experimental design to test the feasibility and acceptance of an app-based intervention for parents of infants. They propose to gather user-data and follow up the infants to 9 months of age.

This is a very nicely-written manuscript that proposes an intervention based on solid theoretical grounds (both regarding childhood obesity research and behavior change theory). The authors’ claims are well-supported and in general adequate study details are provided (please see a few requests for clarification below).

Introduction

p. 7 lines 47-51 Is this statement true for Australia specifically? (it seems high for the US, for example) – can you please specify? “On average, parents make 11 visits to general practitioners and 14 visits to Maternal and Child Health (MCH) nurses in the first year of their child’s life [8]”

Response

“in Australia” added

p. 13 lines 56-58 “Participants who complete the baseline survey will be considered enrolled in the study and followed up when their infants are 6 and 9 months old to complete additional surveys. Participants will receive a \$40 gift” - this is stated under the comparison group but is this also true for the intervention group? Assuming so, can the authors please reorganize so that the common elements for both groups are clear?

Response

We have included the following text:

Participants will receive a \$20 gift voucher after surveys are completed at baseline, 6 and 9 months.

Method

Will the comparison group receive reminder emails as well? (is that possible?)

Response

We have included the following text:

Reminder emails will be sent to comparison group participants when the 6 month and 9 month survey are due for completion.

Assuming this is a free app – can the authors so state?

Response

We have included “at no cost”

Sample and recruitment – will there be efforts made to recruit the same number of participants across each trial setting? Please specify.

Response

We aim to recruit similar numbers of participants in each group. Please see the text:

Sample size

The study will recruit 200 parent/child dyads to the intervention arm. This number is based on an anticipated recruitment rate of 25% of the births in the local government areas, allowing six months for recruitment. A similar number will be recruited to the comparison arm via online forums.

Will compensation be offered to comparison and intervention participants at each data collection wave?

Response

Please see above. Intervention group participants will receive a \$20 gift voucher after each data collection while comparison group participants will receive one \$40 gift voucher after all three surveys are received.

Surveys – are the surveys based on prior literature? If so please provide a reference; if not please state which ones were developed for the current study (less ideal)

Response

The surveys are based on previous literature, and the source stated in the text (with references) under each domain.

P. 17 lines 4-7 the authors state “The Growing Healthy intervention, through provision of information, may decrease the parent’s use of health services to gain help with respect to feeding, activity and weight issues.” – Is it possible that families could increase their use if they become more highly engaged with their infants’ feeding and weight; this could also be stated here.

Response

It is possible, and we have included the following text:

The Growing Healthy intervention, through provision of information, may decrease (or increase) the parent’s use of health services to gain help with respect to feeding, activity and weight issues.

p. 19 lines 10 the authors state “These outcomes will be analysed using appropriate survival analysis and generalised linear models.” Please provide more detail regarding the analysis that would be conducted for each outcome of interest (i.e., which analyses will be conducted for continuous vs. categorical outcome variables)

Response

We have included the following text:

Survival analysis will be used for analysis of breastfeeding duration and age of introduction of solids.

The other outcomes which are categorical in nature will be analysed using generalised linear models, particularly logistic regression (binary, multinomial and ordinal).

Study progress:

Has all of the content been developed?

Has the app been developed?

Response

Yes. The app and content have been developed based on the findings from our preparatory work.

Please note as an additional limitation no direct measurement of infant growth or objective measures

of feeding practices.

Response

Thank you. We have added the following text:

A further limitation is a lack of objectively measured anthropometrics or infant feeding practices.

Please proofread:

Line 52 p. 6, Babies' no apostrophe

Line 21 p. 9 “1) systematic reviews of the literature 2)” needs comma Line 47 p. 15 Baughman should be Baughcum

Response

Thank you. These have been corrected in the text.